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Chat Room: Dealing with Lyme Disease

Homeopathic Treatment of Lyme & other tick-borne diseases

April 8, 2008

Guest Speaker: Pearlyn Goodman-Herrick ND, DHANP, CHC

Chat began at: 20:52 EST

Moderator: Welcome, Dr. Pearlyn Goodman-Herrick, ND, DHANP, CCH. It is appropriate that we talk about Lyme disease as spring arrives and we head back to the woods for recreation.

reitw: What are the key remedies for treating Lyme?

Pearlyn Goodman-Herrick, ND, DHANP, CHC: Rhus toxicodendron is a key remedy-- showing classic signs of muscle and joint pain, better from warmth, worse cold, symptoms move right to left, etc. However, a patient may receive any remedy depending on his symptoms. For example I've seen Pulsatilla, Lachesis, Phosphorus, etc. It could be almost any remedy!

reitw: Please discuss the use of nosodes; when to use, what potencies you have had success with. Thank you.

Pearlyn Goodman-Herrick, ND, DHANP, CHC: I've never used Lyme nosode to treat Lyme disease. I simply take the case as I would for any other condition and prescribe. While it's important to know we're working with Lyme (and not always possible to know), the case is still based on symptomology, not disease category.

tcraumer: Have you had any results prescribing Kalmia latifolia as a remedy for Lyme symptoms/treatment options?

Pearlyn Goodman-Herrick, ND, DHANP, CHC: I myself haven't used Kalmia latifolia, but if the symptoms pointed to it, I would use it!

cbvzee@msn.com: This is not related to Lyme, ...but do you know if there are remedies that have been used to help get past gluten sensitivities??

Pearlyn Goodman-Herrick, ND, DHANP, CHC: A well-taken case will point to a remedy which strengthens the immune system. It could be any remedy for gluten. I've certainly seen lactose intolerance clear up.

alan: You stated that the simillimum is difficult to find in the early stages of Lyme disease, why is this so?

Pearlyn Goodman-Herrick, ND, DHANP, CHC: In the early stage of Lyme, the symptoms can be very vague-- malaise and fever without modalities.

patriciajordan: As a veterinarian, I see Lyme's disease as an auto-immune disease with the more suppressed, palliated or immune-assaulted (via vaccination) as the patients most likely to "get" Lyme's disease? What is your opinion about vital force and Lyme's?

Pearlyn Goodman-Herrick, ND, DHANP, CHC: I've had Lyme disease twice myself -- the first time, I was in relatively good shape and the symptoms did not appear until 2 months after the initial bite and rings. The second time I was under a great deal of stress and the Lyme was more severe and long lasting. It's hard to tell about other people.

Rasmati: The Western Blot test is usually done 7 days into antibiotic therapy so that there will be a greater chance of finding antibodies for diagnosis. What have you found to be the case for diagnosing someone that seems to be responding homeopathically; i.e. when is the best chance to see antibodies?

Pearlyn Goodman-Herrick, ND, DHANP, CHC: I haven't done much laboratory testing for Lyme as so often the tests give false negatives and other tests false positives. I watch the patient's symptomology very carefully.

reitw: Lyme-literate doctors say that once you have Lyme, you will always have it. You may have improvements through medication, but it won't be eradicated from the body and there is no test. If syphilis can be eradicated, also a spirochete, why not Borrelia?

Pearlyn Goodman-Herrick, ND, DHANP, CHC: The spirochete can often evade antibiotic treatment for many reasons. You may want to read article on Lyme that comes with this chat.

Despite evading antibiotics, treatment with homeopathy seems to help create unfavorable conditions for the spirochete to survive.

bkreitler@kreitlermediaservices.com: Connecticut veterinarian Thomas Tobin recommends homeopathic Ledum (at the 1M level, I think, but am not sure) to treat cases of Lyme. At a panel discussion, I heard another holistic vet recommend giving a 30C dose of Ledum as a preventative measure whenever a tick was found on an animal. I have been doing this with my dog. Do you have any comments about using Ledum (puncture wounds, insect bites) for preventing Lyme after a tick bite?

Pearlyn Goodman-Herrick, ND,DHANP,CHC: I have suggested Ledum to certain patients after a tick bite and unfortunately have still seen them develop Lyme disease.

patriciajordan: Have you heard in the human Lyme's "help groups" about the video showing that when the Borrelia is presented with a doxycycline treated patient, that the stage changes, the "I" form and then the spirochete is able to evade antibiotic treatment? This group at the Health Expo said there is an actual video proving this.

Pearlyn Goodman-Herrick, ND,DHANP,CHC: I have not seen this video.

Rasmati: Were you treated homeopathically for your first case of lyme? I'm possibly in a situation of an untreated chronic case from 32 years ago with a more recent case on top. Seems like it has created a complex disease, where I'm bouncing back and forth between 2 pictures. Have you seen much of this kind of situation?

Pearlyn Goodman-Herrick, ND,DHANP,CHC: The first time I had Lyme I had those vague symptoms and my experienced practitioner could not find a simillimum. I responded quickly to antibiotics. Yes, I have seen complex cases that seem to bounce back and forth between 2 remedies. As long as the person is moving towards increased health, that's fine.

sabarastoo: How did you treat yourself the two times that you got Lyme disease?

Pearlyn Goodman-Herrick, ND,DHANP,CHC: Time 1—antibiotics, Time 2--antibiotics and symptoms still persisted. My practitioner prescribed Rhus tox which didn't seem to act fast enough... so I started self treatment... a doctor who treats herself has.... Then went back to Rhus tox. Having the disease was a great lesson for me in working with patients who have it.

alan: Do you think that Lyme disease could cause a "Lyme Miasm"?

Pearlyn Goodman-Herrick, ND,DHANP,CHC: Might be possible. At this point I can only say spirochetes produce many symptoms, so different in each person.

reitw: Yes, I understand the forms that Borrelia takes, cysts, etc. to evade the antibiotics. Fundamentally, though, will Homeopathy do better at eradicating the pest from the body than the antibiotics? It's downright creepy how it changes form to protect itself.

Pearlyn Goodman-Herrick, ND,DHANP,CHC: Yes, it is creepy. However, homeopathy seems to be very helpful. The exact mechanism I couldn't possibly begin to explain!

Rasmati: What other kinds of supportive therapies do you recommend to someone being treated homeopathically for Lyme and its co-infections?

Pearlyn Goodman-Herrick, ND,DHANP,CHC: Of course, good nutrition. Rest if needed-- not to push one's self. However, if a person can exercise, do so. Increasing the body temperature may help kill off the spirochetes. At the same time, I would also ask people to deal with any emotional stresses which are making it harder for them to recover.

alan: Are there any remedies or plans for provings of new remedies made from ticks?

Pearlyn Goodman-Herrick, ND,DHANP,CHC: I hope so. I should add, it's not the tick that is the problem, but the spirochete injected into the body, so that's where the proving would probably start.

amyleonard@cox.net: If a patient has responded well to antibiotics and has remained symptom-free would you recommend any homeopathic treatment to help prevent a recurrence?

Pearlyn Goodman-Herrick, ND,DHANP,CHC: Homeopathic treatment is wonderful for maintaining health. However, despite being in what appears to be optimal health, people develop all sorts of infectious conditions.

alan: I have seen great relief in Lyme disease symptoms with electromagnetic therapy, but I do not know if it would antidote the remedies. Have you had any experience in this treatment modality?

Pearlyn Goodman-Herrick, ND, DHANP, CHC: The most important thing I'd like to say about treating Lyme disease is to think homeopathically. Any remedy may appear-- Natrum mur, Sulphur, whatever. If you select the simillimum for the case, adjunctive therapies such as electromagnetic therapy will probably not be necessary. Will it antidote? Possibly. If you wish to use this type of treatment, just observe results carefully

sewcloth: K. ENDRES: 4 OR SO years ago I was working with a Lyme's disease specialist in NJ who was working with a team from Columbia University in NYC. They were developing what they called the third generation antibiotic: spectracef. The bacteria are changing as they become immune to other antibiotics. Maybe by now they have come up with a new one. I agree that good nutrition, rest and de-stressing are important. I get very sick in the winter when I am teaching, and it is dark when I go to work and dark when I get home. I do not get enough exercise. In the summer, one week at the beach, walking/running in the morning and swimming in the afternoon with a nap in between always seems to "cure" me. I am just beginning to use Rhus Tox. I'm not sure what dosage and how long I need to take it. I will have to work that out.

alan: If I could make a suggestion to sewcloth, get your Vitamin D3 levels checked, and get a SAD light in the winter.

Pearlyn Goodman-Herrick, ND, DHANP, CHC: Thanks Alan. Anyone who feels depressed in the winter should get a SAD light and have Vit D levels checked. Good in any case, because so many of us are low in Vitamin D.

healthstar: I had an iffy test response to Lyme, and have used the Zapper with Lyme key, as in Dr. Hulda Clark's protocol, when I suspect symptoms. It seems to make some difference for awhile. Antibiotics are a problem.

Pearlyn Goodman-Herrick, ND, DHANP, CHC: Each case is different. You can start with a 30C taken every few hours in the first few days of treatment and then as needed. The dose at whatever potency level you're using may need to be repeated more frequently than you would ordinarily. Try to find a skilled practitioner to treat you. It's hard to treat yourself objectively. I speak from experience!

reitw: Is there any problem treating homeopathically while on antibiotics? Heart, brain symptoms became so overwhelming that antibiotic intervention had to begin, and now, supposedly, could go on a long time. Yet I know homeopathy can do a lot to improve ones health. Both together, if necessary?

Pearlyn Goodman-Herrick, ND, DHANP, CHC: No, there's no problem using antibiotics and homeopathy.

highveldrr: Are there particular supplements or foods that are helpful to someone with Lyme disease?

Pearlyn Goodman-Herrick, ND, DHANP, CHC: A good whole-foods diet. People are so different. Whatever diet you feel best on is best! Hopefully eating organically-grown foods.

Moderator: "[Lyme Disease as the New 'Great Imitator': Neurological and other non-arthritic cases](#)" by Shandor Weiss, ND, can be found in the Naturopathic Doctor News and Review (www.ndnr.com), December 2007, Volume 3, Issue 12. Permission was granted to post this article on the NCH Chat website.

alan: Any chance of Dr. Goodman-Herrick returning for a chat session on another topic? This has been great.

Moderator: Thank you, Dr. Goodman-Herrick, for answering all our questions this evening. We appreciate the time you have spent with us. The transcript will be posted in the NCH Chat Room Archives.

Pearlyn Goodman-Herrick, ND, DHANP, CHC: Sure, I would be delighted to return on another homeopathic topic and thank you for inviting me.

Chat ended at: 22:03 CDT

[Naturopathic Doctor News and Review - December 2007](#)
Lyme Disease as the New "Great Imitator" - Shandor Weiss, ND
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Pearlyn Goodman-Herrick, ND, DHANP, CHC - Dealing with Lyme Disease

1. It can be difficult to diagnose. Blood tests-- many false negatives. People forget they had a tick bite. Symptoms may not show up for 6 weeks. The tick bite is long forgotten.
2. Try to take a wait-and-watch approach with a tick bite. You may want to give Ledum. Remember, not all ticks are infected and not all people who are bitten by an infected tick develop Lyme disease or other related diseases. At the same token, you want the patient to be alert to symptoms such as unexplained, muscle aches and severe fatigue-- 2 of the most common symptoms.
3. Lyme Disease mimics many other conditions including fibromyalgia, chronic fatigue syndrome, neurological conditions including Bell's palsy. If you are not sure what you are dealing with, refer the person to a licenced practitioner (if you are not one) or a neurologist for diagnostic purposes. If you are sure it is Lyme Disease, be sure to explain treatment options. This allows people to chose antibiotics or other conventional treatment and you do not want to appear to have prevented them from receiving this treatment if they so chose.
4. In the early stages, the symptoms may be nondescript, vague-- fever and chills. The simillimum may be difficult or impossible to find. Antibiotics often work very well at this stage. Definitely refer for antibiotics or prescribe them. If symptoms emerge after this stage, they usually point to a simillimum.
5. It is remarkable how many early cases I have seen which are Rhus toxicodendron cases.
6. Patients who have been on repeated courses of antibiotics and are not cured may need Rhus tox or really any remedy. Take the case as you would any other.
7. It does not matter what potency you start with. I often start with a 30C every few hours which gives a great deal of relief within a 24-48 hour period.
8. You may need to go from lower to higher potencies over time.
9. The remedy may need to be repeated more frequently than you would usually.
10. The person may appear cured and then emerge with similar symptoms with a relatively short time -- weeks to several months. Unless a new symptom picture has emerged, repeat last remedy given.
11. The longer the person has had the condition, the more tenacious the symptoms may be, requiring a longer period of treatment.
12. Homeopathy will be able to help a great number of Lyme sufferers.

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